



# **HEAT INJURIES**

**Lesson 10**



# **HEAT INJURIES**



# **OBJECTIVES**



# **TYPES OF HEAT INJURIES**

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- **Heat Cramps**
- **Heat Exhaustion**
- **Heat Stroke**

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- **Heat Cramps**



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# **FACTORS INFLUENCING HEAT INJURY**

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- **Unacclimatized Personnel**
- **Overweight & Fatigue**
- **Heavy Meals & Hot Foods**
- **Alcohol/Drugs**
- **Fever**
- **Tight Clothing**



# **PREVENTING HEAT INJURIES**

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- **Participate in training**
- **Use WBGT Index**







# **REVIEW OF MAIN POINTS**